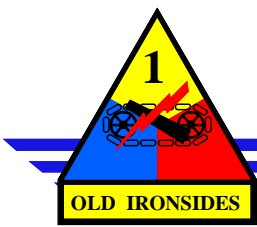




# ***FAMILY SEPARATION ISSUES AND IDEAS***

***Chaplain Zinser  
9 May 2000***

**A THIN LINE BETWEEN THE FRONT LINE AND THE HOME FRONT**



## 1st AD DISCOM CHAPLAIN

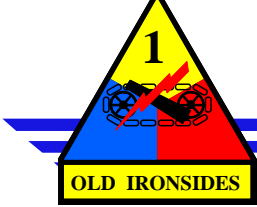


IRON SUPPORT

*OJE: Summary of Pre-Deployment Survey Findings (Us Army Medical Research Unit - Europe; Walter Reed Army Institute of Research)*

### • TOP STRESSORS FOR US SOLDIERS: OJE PRE-DEPLOYMENT

- |  |     |
|--|-----|
| (1) Completing <u>personal</u> business before deploying   | 36% |
| (2) Preparing my <u>family</u> for my deployment           | 35% |
| (3) Dissatisfied with <u>my</u> education                  | 34% |
| (4) Concern Rear Detachment will care for <u>family</u>    | 31% |
| (5) Being separated from <u>family</u> & friends in States | 30% |
| (6) Lack of job advancement opportunities                  | 27% |
| (7) Problems with unit leaders                             | 22% |
| (8) Problems with my chain of command                      | 22% |
| (9) Boredom in my work                                     | 20% |



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*OJE: Summary of Pre-Deployment Survey Findings (Us Army Medical Research Unit - Europe; Walter Reed Army Institute of Research)*

- **OJE: PREVIOUS DEPLOYMENTS**

25% Served in Gulf War

29% Serve in 1 of More of These Operations: Somalia, Croatia, Macedonia, Rwanda, Haiti, or Other

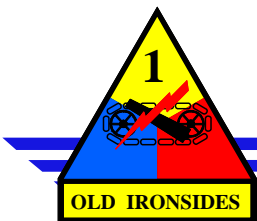
- **OJE: GROWING IMPORTANCE OF CHILDREN**

Of Married (1,680), **71%** have 1+ Children Living at Home

Of Single (948), **9%** have 1+ Children Living at Home

Of Divorced/Separated (216), **37%** have 1+ Children Living at Home

**OVERALL, HALF (47%)** of Sample Has Children Living at Home



# 1st AD DISCOM CHAPLAIN



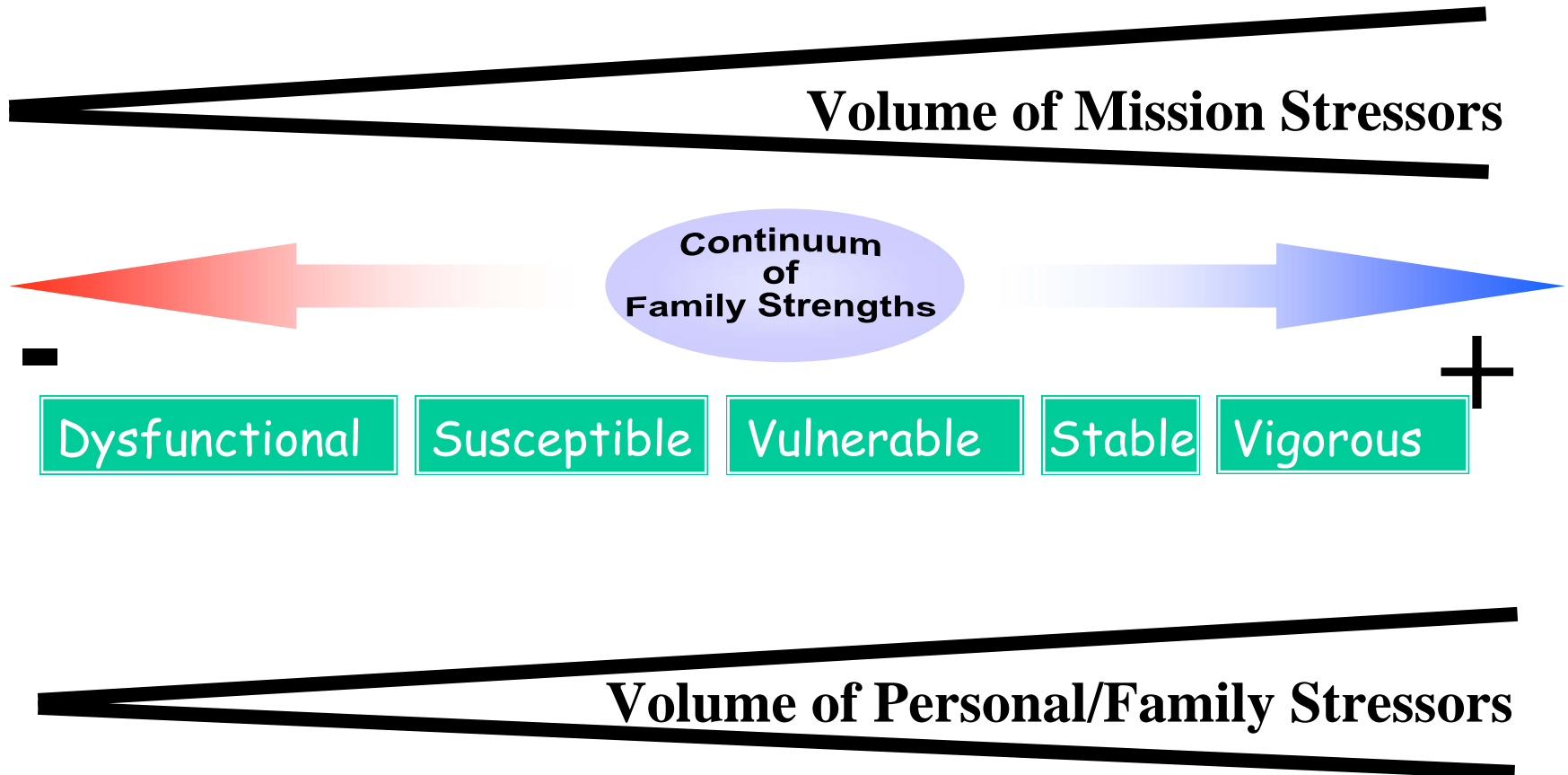
IRON SUPPORT

## Counseling Trends Significant for Deployment

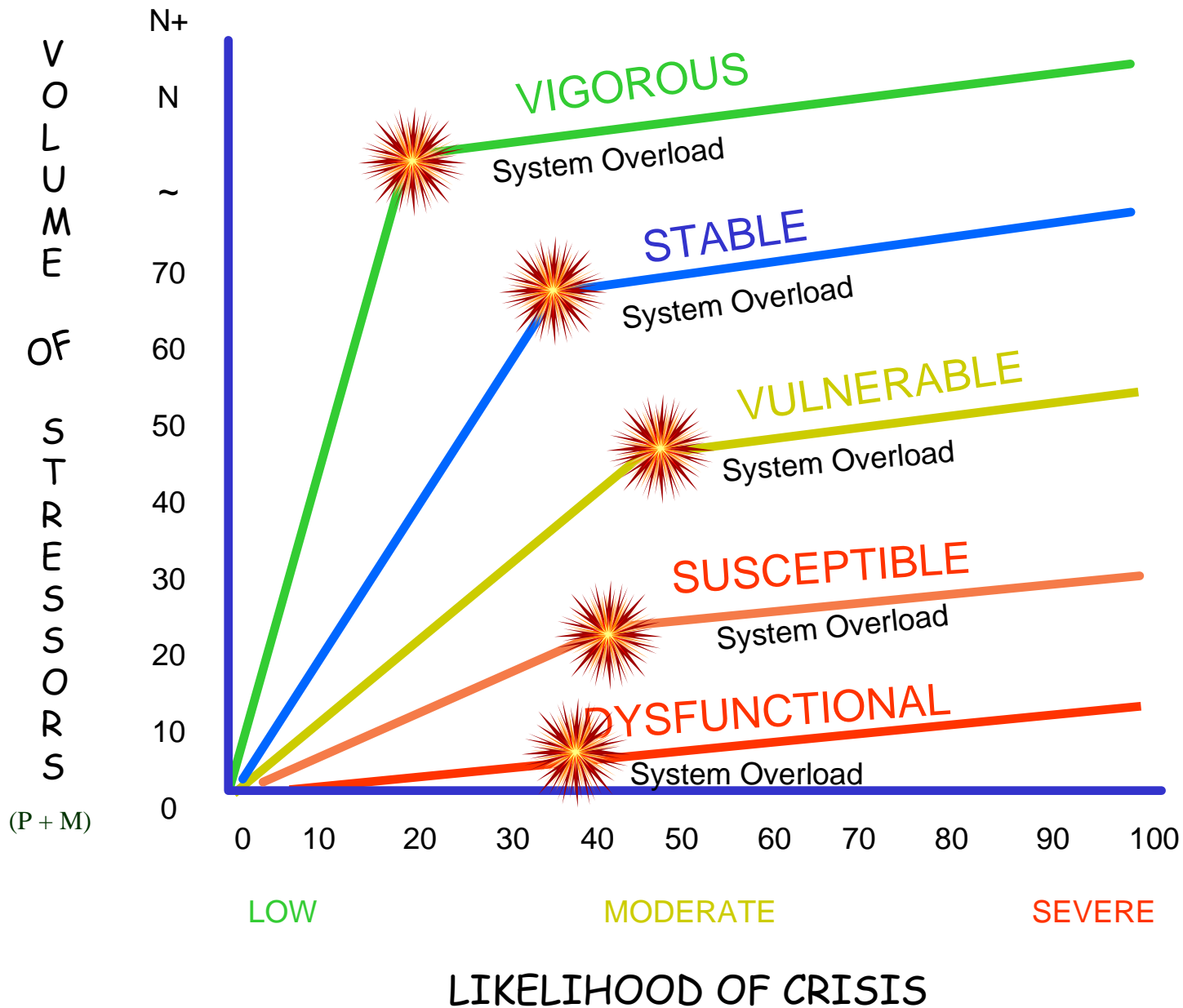
Area	Trends	Assess	Remarks
Family	Deployment Fatigue	<input type="checkbox"/>	Too Many, Too Long
	Separation Anxiety	<input type="checkbox"/>	Fear of Separation Leads to Conflict
	Financial Anxiety	<input type="checkbox"/>	Very Tight Budgets, E-5 and below
	Activities for Teens After 2100	<input type="checkbox"/>	Weekends, teens visit clubs
Domestic (Preserving Family Tranquillity)	Infidelity/Affairs	<input type="checkbox"/>	Soldier & Spouse Initiated
	Emotional/Verbal Abuse	<input type="checkbox"/>	Leads to Physical Conflict
Counseling Solution to Above Issues	Communication & Conflict	<input type="checkbox"/>	Materials & Resources in Every BSB
	Relationship Reconstruction	<input type="checkbox"/>	Advanced Counseling by Family Life

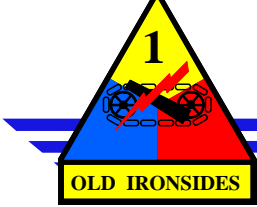
School Trained Family Life Chaplains are in each BSB in the Division Footprint.

# Family Crisis Tolerance Index



# Theoretical Graphic Representation





## 1st AD DISCOM CHAPLAIN

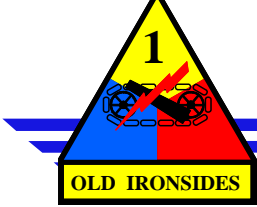


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### *FAMILY ASSESSMENT*

(1) Strongly Agree    (2) Agree    (3) Disagree    (4) Strongly Disagree

- Planning family activities is difficult because we misunderstand each other.
- In times of crisis we can turn to each other for support.
- We cannot talk to each other about the sadness we feel.
- Individuals are accepted for what they are.
- We avoid discussing our fears and concerns.
- We can express our feelings to each other
- There are lots of bad feelings in the family
- We feel accepted for what we are.
- Making decisions is a problem for our family.
- We are able to make decisions about how to solve problems.
- We don't get along well together.
- We confide in each other.



## 1st AD DISCOM CHAPLAIN



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# *FAMILY TREATMENT MODEL*

**1. ASSESS**

**2. PRESCRIBE**

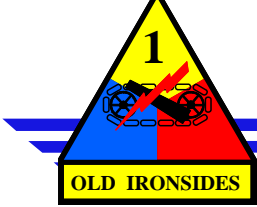
**3. TREAT**

**Education**

**Individual/Family Counsel**

**Special Attention**





# Emotional Stages of a Deployment



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1. **Honeymoon:** New Situation, Challenges
2. **Wilting:** Reality of cut-off from family
3. **Leveling:** I'll Live; Buckle down
4. **Slump:** Will the time ever pass?
5. **Mid-Point High:** It's downhill from here.
6. **Post Mid-Point Blues:** Reminder of time
7. **Topping Out:** "Short" Double-digit midget
8. **Final Month Slump:** Re-entry anxiety; time
9. **Redeployment After-Shock:** Realignment

# Questions?